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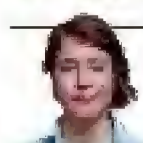
Your essential daily news | **MONDAY, DECEMBER 5, 2016**

High -1°C/Low -3°C Snow showers

'We didn't realize it was this bad'

DRUGS

Firefighter union reacts to Winnipeg's overdose stats



**Stephanie
Taylor**
Metro | Winnipeg

Winnipeg firefighters and paramedics are responding to more overdose calls in 2016 than in the past five years, new data shows.

From Jan. 1 to Nov. 16, the city says the Winnipeg Fire Paramedic Service has received 1,593 calls related to overdoses and poisonings, which are tracked together.

In 2015, the service had 1,556 of the same calls, compared to 1,328 back in 2014 and 1,269 in 2013.

Municipal spokesperson Michelle Finley said the service only tracks the calls and does not specify which drug causes an overdose.

But the president of the United Fire Fighters of Winnipeg has a clear idea of what's

behind the uptick.

"I have no doubt in my mind that carfentanyl and fentanyl has increased the numbers somewhat," Alex Forrest said in a recent interview.

"We knew it was bad, but we didn't realize it was this bad."

Forrest said the most troubling figure is the increase in a number of patients being treated with naloxone, which is the medication that counteracts the effects of opioids.

From Jan. 1 to Nov. 16, 651 patients were given naloxone, compared to 418 for 2015 and 348 in 2014.

Between Sept. 23 to mid-November of this year, the city says

the service administered the antidote to 179 people.

The city notes the increase in naloxone usage could be related to the fact paramedics stationed on fire trucks began carrying the medicine back in March, when before it was only kept on ambulances.

Forrest said responding to overdose calls is a common part of a firefighter and paramedic's job, but the difference is now situations are more life and death with opioids such as fentanyl or its even more potent variant, carfentanyl, on the scene.

Medical experts say the drug is extremely toxic even in small doses, which increases a user's risk of overdosing.

Compared to other types of drugs, fentanyl and carfentanyl have a smaller margin of error so fatalities are more likely to occur, Forrest added.

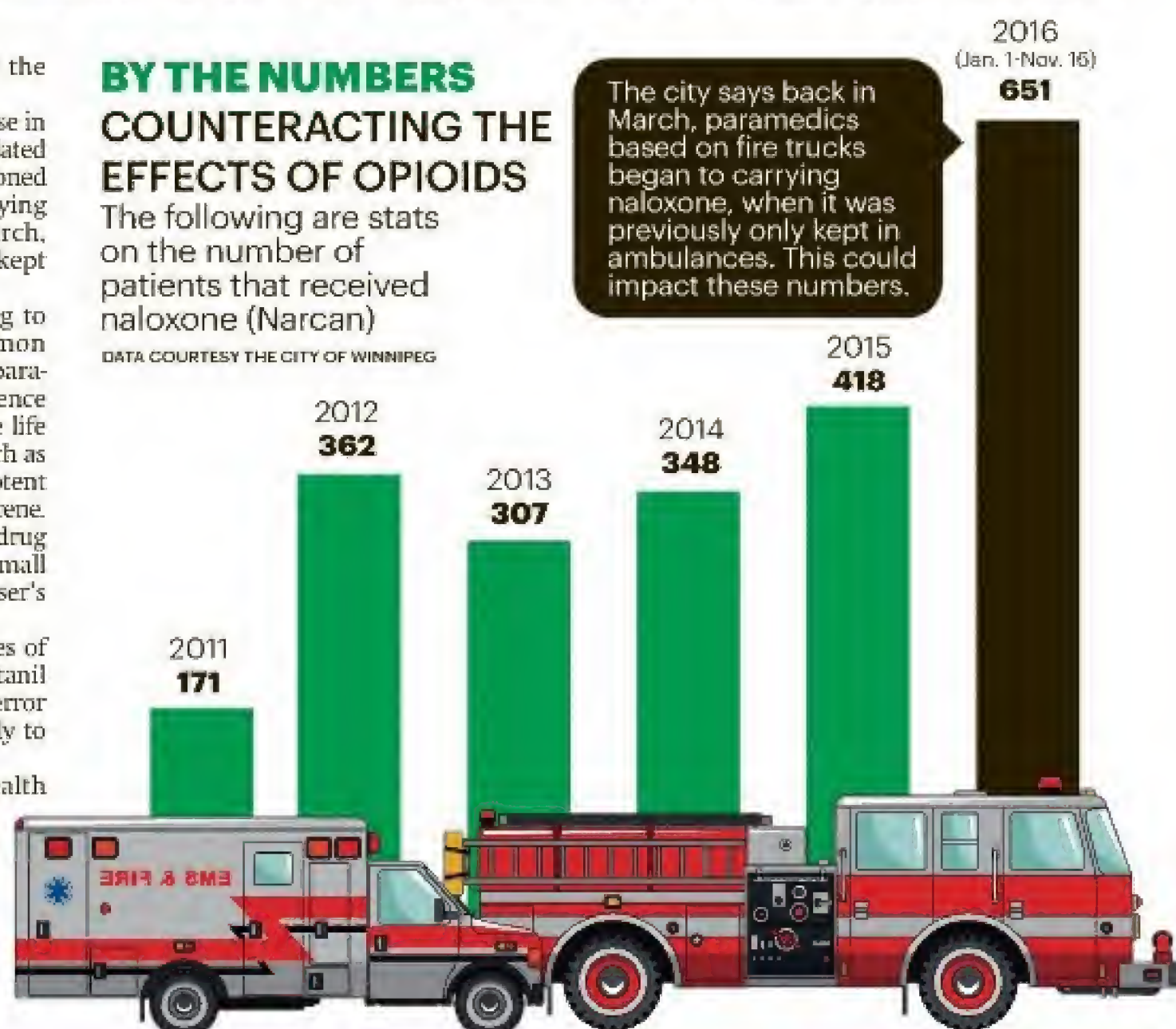
Recently, provincial Health Minister Kelvin Goertzen predicted up to 170 people will die in Manitoba due to drug overdoses this year.

He said 1,000 more naloxone kits have been ordered with half expected to arrive later this month.

BY THE NUMBERS COUNTERACTING THE EFFECTS OF OPIOIDS

The following are stats on the number of patients that received naloxone (Narcan)

DATA COURTESY THE CITY OF WINNIPEG



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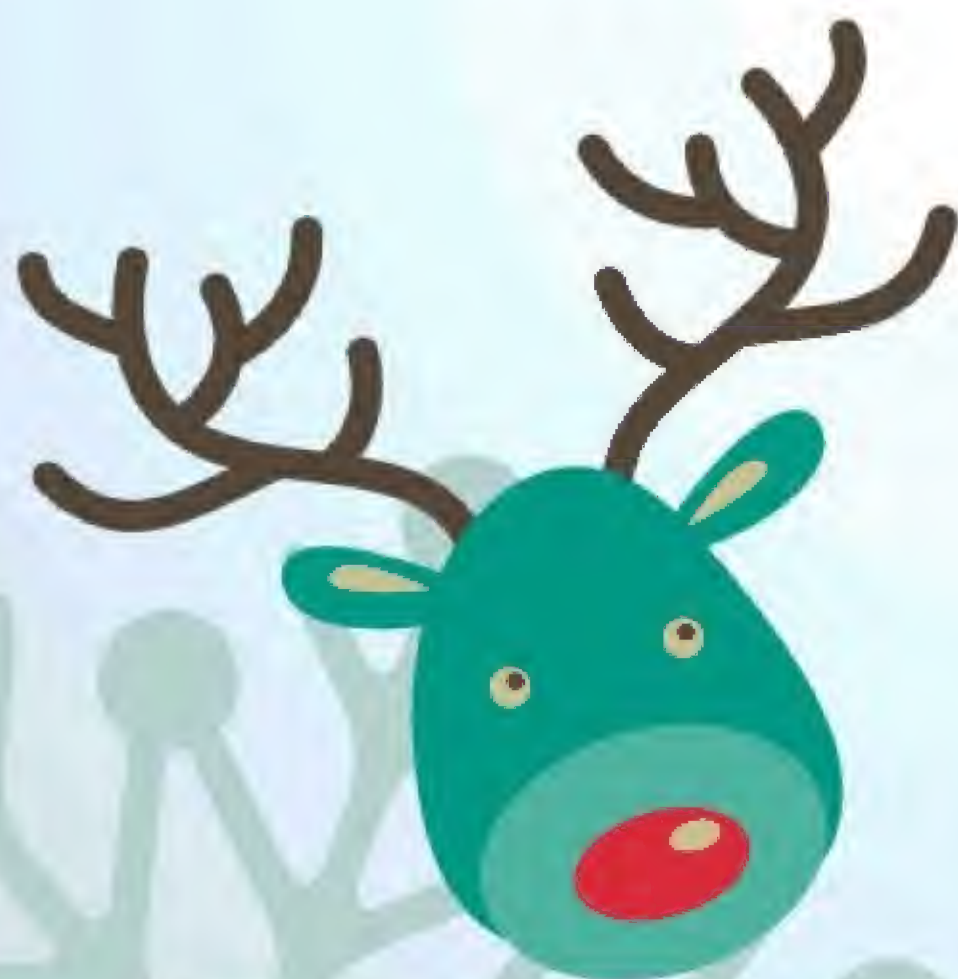
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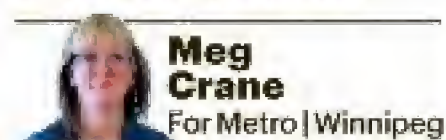




Collect \$200 after passing Wild Planet in Villageopoly

CULTURE

Gas Station Theatre creates board game as a fund raiser



Meg Crane
For Metro | Winnipeg

The Gas Station Arts Centre is hoping a new board game will help raise the money it needs to undertake a major renovation project.

Called Villageopoly, the new game is a local spin-off of — you guessed it — Monopoly. Various businesses in Osborne Village purchased squares on the board game. Soul Survivors Body Art and Monk Brothers, for example, are in the prized Boardwalk and Park Place squares.

Baked Expectations, The Happy Cooker, The Toad in the Hole and Green Carrot Juice Company are also among the other famous locals to make an appearance on the board.

Nick Kowalchuk, the centre's executive director, said the idea to design a board game came

+ BUY IT

The game is available by contacting the Gas Station Arts Centre at 204-284-9477 or development@gsac.ca. The centre will be a multi-use arts centre for the community after its redevelopment.

from a similar fundraiser the Manitoba Theatre Centre ran about 10 or 15 years ago.

Kowalchuk said they thought it was fun and decided to create one specifically for Osborne Village. He says Villageopoly varies slightly from the classic Monopoly rules, but is still easy for anyone to pick up. Players should also expect the game to take them on a walk down memory lane, Kowalchuk added.

"Just being able to play and say, 'Oh yeah, I remember going there and staying up to the wee hours,' or going there after shows or whatever the case is and just talking about Osborne Village and reminiscing about coming to the village."

He suggests the game will



Nick Kowalchuk, who is the centre's executive director, said the idea to design a board game came from a similar fundraiser the Manitoba Theatre Centre ran 15 years ago. MEG CRANE/FOR METRO

make a great holiday gift for city expats. "Get them while they're hot because it's only a limited edition and once it's sold out, it's sold out," Kowalchuk said.

Only 1,200 copies of the game have been created and each copy will be sold for \$50.

The money raised will go to redeveloping the centre.

"It's huge. When all the games are sold, it's going to raise \$50,000 for us," said Kowalchuk.

Games will be on sale at the centre's open house on Dec. 5 from 6 p.m. to 8 p.m. All copies sold on that day will come with a free 2017 Winnipeg Comedy Festival Gala ticket.

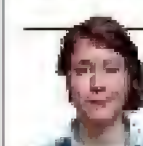


Just being able to play and say, 'Oh yeah, I remember going there.'

Nick Kowalchuk

LGBTQ

Diversity language pledge from city



Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg wants to ensure it uses gender-neutral language in all its paperwork, signage and websites. That's one of three initiatives city hall plans to undertake to make sure it's more inclusive and representative of its LGBTQ-residents.

Back in May, mayor Brian Bowman announced the city would review its policies and services in order to improve how it handles collecting information about a person's gender. A new report on that matter is slated to be discussed at Wednesday's meeting of the executive policy committee.

Report author Alison Moist, a coordinator in the corporate staffing and diversity branch, outlines three recommendations the city's human resources department should make happen. One of which is a city-wide review of all documentation to ensure gender-neutral language is being used.

"For example, ensuring that the word 'their' is used in place of 'his' or 'her', and the option to select 'male', 'female', or 'other' is also provided," Moist writes.

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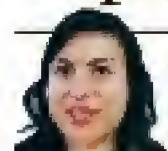
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ENTREPRENEURS

Tech company builds rental equivalent of TripAdvisor



Jessica Botelho-Urbanski
For Metro|Winnipeg

Almost everyone has an apartment rental horror story, or at least has heard one.

That's why a trio of Winnipeggers are working on a website to help renters find their dream homes through peer reviews.

In 2007, Donovan Purdy came up with the concept for rentitornot.com after finding himself in a not-so-great rental situation in Osborne Village.

Trying to find out information about the building's history, landlord and past run-ins with bed bugs was near impossible, he said, let alone finding it through a central information source.

"When I go travelling, I would read hotel reviews all the time and I wondered, 'Why doesn't this exist for apartments?'"

"If you can read reviews for a place you're only going to stay at for just a few nights, why can't you read reviews for a place you're going to be staying at for a whole year?" Purdy said.

When he launched the site with his older brother Ken Purdy two years later, Google Street View wasn't yet available to use on other websites.

So the Purdys set out at 4:30 a.m. on Sundays to photograph every single apartment building in the city, Ken Purdy explained.

They now have more than 51,000 apartments listed on the website and more than 30,000 visitors every month, mostly from Toronto and Winnipeg.

Along with business partner Brad Wery, the brothers are expanding to the U.S. market with plans to take the website worldwide.

"I was pretty young, I was 21 or 22 when I had the idea and at that time I thought, 'I'll just make a website,' naively," Donovan Purdy said. "It'll help people find the right home, like I wanted to find, but I didn't really imagine this would turn into a company."

Wery said the next steps



From left, Brad Wery, Donovan Purdy and Ken Purdy are a trio of Winnipeggers that hope to expand their site, rentitornot.com, into the U.S and world markets. LYLE STAFFORD/FOR METRO

for the site are installing a cockroach meter, which — similar to the bed bug meter they already have — would map apartments that had past encounters with the critters.

They're also hoping to garner more positive reviews from users, which Wery estimates make up about a tenth

of the pie currently.

"Those stories are out there, there's probably thousands of them out there. These people just need to tell them," he said.

Property management companies can respond directly to reviews on the website as well, a feature many have said



Why can't you read reviews for a place you're going to be staying at for a whole year?

Donovan Purdy, co-founder rentitornot

they appreciate, Wery said.

"There's some places that are just terrible and there's others that are absolutely

amazing," Ken Purdy added.

"And we think that the places that are absolutely amazing should shine."

Faces of Winnipeg by David Lipnowski

Matt is from Winnipeg, and was wandering around The Forks, slipping and sliding on a small patch of ice on the concrete.

While most people are enjoying the milder than normal fall weather, Matt can't wait for the cold weather to finally hit. Matt spends more time outside in the winter than in the summer, and he is hoping the river freezes over soon so he can lace up his skates once again and hit the Red River trail (assuming it gets cold enough that it will be open at all this season).

Matt works in a custom metal shop, where he makes products like screw piles for construction projects.

He spends his summers mostly indoors playing video games. His big plans for the future include taking time to travel within Canada, with Alberta being on the top of the list.

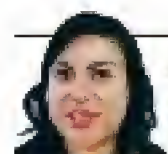


Faces of Winnipeg This is a new weekly Metro series, to appear in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

Province to escape price hikes

RETAIL

Competition expected to keep food affordable



Jessica Botelho-Urbanski
For Metro|Winnipeg

Food prices are expected to rise in Canada next year, but Manitobans may not be as affected thanks to growing retail competition in the province, according to a new report prepared by Dalhousie University.

Though we might be reaching deeper into our pockets, we're not on the brink of another eight-dollar cauliflower crisis, said Sylvain Charlebois, a professor in food distribution and policy and lead author of Canada's Food Price Report 2017.

Across the country, Charlebois said prices are expected to rise from three to five per cent — one of the largest leaps he's seen in seven years compiling



With Save-On-Foods opening three stores in Winnipeg and becoming another fierce competitor, smaller family grocery stores like **St. Vital Market**, which has served the area for three decades, are getting pushed out. JESSICA BOTELHO-URBANSKI/FOR METRO

the annual study.

"From a macroeconomic standpoint, there's lots of economic uncertainty. Of course the one that really is the wildcard this year is the Trump factor," he said. "The new

presidency will likely affect food prices over the next little while because of Mr. Trump's spending agenda in infrastructure, which could propel many commodity prices upwards."

Coinciding with Donald

Trump's swearing-in perhaps, the first quarter of the year should see stable prices, while the second quarter is more unpredictable, Charlebois said.

For the first time this year, researchers broke down the

food price forecast by province. They predicted Manitoba, Alberta, Newfoundland and Labrador, New Brunswick and Quebec "are likely to experience lower than average increases due to a weaker economy and/

“

The Trump factor will likely affect food prices over the next little while.

Sylvain Charlebois

or a more competitive food distribution landscape."

In Manitoba, it's likely the latter option affecting the food forecast, Charlebois said.

With Save-On-Foods recently opening three stores in Winnipeg and becoming another fierce competitor vying for a piece of the retail pie, smaller family grocery stores are getting pushed out.

For example, St. Vital Market, a staple on St. Mary's Road for more than 30 years, is closing up shop because it can no longer compete with larger retailers, according to the owner, who did not want to be identified.

There are nine supermarkets and more than 100 restaurants in the St. Vital area alone, he added.

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Vision Zero forum coming to Winnipeg

TRAFFIC

Road safety issues a 'health epidemic', says expert



Braeden Jones
Metro | Winnipeg

Sometimes vehicles hit people, and sometimes those people are either badly injured or killed—but it doesn't have to be that way, according to one local expert who will speak on a road safety panel in Winnipeg on January 30.

Rebecca Paterniak, a Winnipeg-based road-safety specialist with an interest in accommodating vulnerable road users, said evidence drawn from best-practice shows "injuries and fatalities are preventable."

It may seem farfetched, given the innate fallibility of all road users, but Paterniak said that's old-school thinking.

"It's the responsibility of

transportation system providers to allow for that error and build a road system that (minimizes) the outcome of mistakes so they don't result in people dying," she said. "Basically, wherever people might fail, the road system shouldn't."

That sentiment is at the core of Vision Zero, a road safety concept from Sweden that takes a zero tolerance approach to traffic deaths, effectively cutting them by half since the late '90s in that country.

Paterniak has authored two papers on Vision Zero and held a workshop on the subject at the 2016 Canadian Institute of Transportation Engineers (ITE) Conference in June.

She said Vision Zero cities accept road safety issues as nothing less than a "health epidemic," and then address them accordingly through a proactive approach.

"How you're building your

roads, maintaining your roads, what types of modes of transportation are prioritized how you're protecting (vulnerable users) there are a lot of things you can do for road safety," she said. "There is always more that can be done."

She said Vision Zero thinking is relatively new to Canada, but "gaining traction rapidly."

The Canadian Council of Motor Transport Administrators (CCMTA) worked Vision Zero ideals into Canada's Road Safety Strategy 2025 in January 2016, which Paterniak said provided a

"framework municipalities can use to develop their own strategies locally."

Paterniak will present her thoughts on the progressive approach at a public forum and panel discussion. Janice Lukes has planned for January 30 at the Millennium Library.

“

Wherever people might fail, the road system shouldn't.

Road safety specialist
Rebecca Paterniak



Rebecca Paterniak, a Winnipeg-based road-safety specialist with an interest in accommodating vulnerable road users, said evidence drawn from best-practice shows "injuries and fatalities are preventable." BRAEDEN JONES/METRO

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UNIVERSITY
OF MANITOBA

Right-wing extremism exists in Canada

But Canadian values and laws make it difficult for people similar to U.S.-based white nationalists to unite north of the border.

KRISTEN THOMPSON FOR METRO

The morning after Donald Trump won the U.S. presidential election, many Canadians took to social media to express dismay, mixed with and a hefty dose of smugness. "Thankful to live in Canada" people wrote. "Good luck, 'Merica."

Almost as quickly, hate crimes began to be noticed on this side of the border. To suggest these were the work of trolls ignores the reality that right-wing extremism already existed here.

The reality is that roots of the right-wing movement in Canada can be traced back more than a century. Trump's win has simply given legitimacy to those who already held racist, homophobic and sexist beliefs. People are calling it "the Trump effect" — the idea that his rhetoric is emboldening racists in the U.S., and here at home.

"The Trump election has brought these seedy characters out of the shadows," says Barbara Perry, a professor in the faculty of Social Science and Humanities at the University of Ontario

Institute of Technology, who specializes in hate crime.

CANADA VS. THE U.S.

The far-right in the U.S. and in Canada share many of the same core values: They tend to believe the "white" way is under attack, are usually anti-immigrant and anti-Muslim, and hold homophobic and misogynistic beliefs.

Those who subscribe to the American far right in particular also tend to be highly nationalistic, suspicious of government, and passionate about individual liberties such as the right to own guns.

The Canadian context is a little different, according to Ryan Scrivens, a PhD student at Simon Fraser University who studies criminology and right wing extremism. For one, there is less emphasis on gun rights and survivalism. And the far-right network on this side of the border is less organized, and suffers from discord and infighting.

WHAT KEEPS THEM FROM ORGANIZING



This poster found in Toronto recently caused outrage across the country. TWITTER.COM

Canada's history is different from that of the U.S., and the path we carved out for ourselves has led to a relatively tolerant society that celebrates diversity. This set of values makes it hard for extremism to take root here, so say our experts.

When talking about "the seething racial tensions and xenophobia, I'd have to say we

are far off that boiling point," says Arne Kislenko, Associate Professor of History at Ryerson University, and an instructor in the International Relations Program at the University of Toronto.

"Canada is no paradise, and we have many problems of our own, including those related to discrimination and racism. But

we have, I think, built a comparably more harmonious, open, and liberal society that stands fundamentally opposed to the kind of divisions we have seen exposed in the U.S."

WE HAVE DIFFERENT LAWS

If racist sentiment flourishes in an environment where it's not challenged, then perhaps our

hate laws — and the U.S.' lack thereof — play a key role in that.

"White supremacists exist in Canada, but it's illegal to draw swastikas on the side of synagogues," says Ayesha S. Chaudhry, Associate Professor of Islamic Studies and Gender Studies at UBC.

BUT WE'RE NOT PERFECT

"This is a wake up call for all of us not to tolerate injustice in our communities," says Chaudhry. "We really need think about the way that we systematically (condone) inequality in our justice system. The fact that we have a higher incarceration rate (for certain groups) means we are structurally discriminating against them, so it's important for Canadians to come together and look at this seriously."

Chaudhry adds that these groups thrive in an environment that doesn't acknowledge or stand up against them, and the media has a responsibility to keep this conversation alive, and interrogate people who espouse views that reflect intolerance.

ALBERTA

Ralliers want premier in jail

Federal Conservative leadership hopeful Chris Alexander says he didn't stop a crowd calling for Alberta Premier Rachel Notley to be locked up because politicians need to listen to constituents.

The former immigration minister was speaking at a rally against the provincial NDP's planned carbon tax Saturday when protesters began the "Lock her up" chant popularized during Donald Trump's campaign.

"I totally disapprove of that particular chant. I don't think it's fair. I don't think it's the right thing to say at a rally or elsewhere, and that's why I didn't join it," Alexander said Sunday.

The Edmonton rally was organized by Rebel Media, an online news and right-wing



Tory leadership candidate Chris Alexander. THE CANADIAN PRESS

opinion outlet, and video of the incident was posted on Twitter by the website's Alberta bureau chief Sheila Gunn Reid.

The video shows the ralliers start by chanting "Vote her

out," but as they grow louder, the message changes.

As they chant "Lock her up," Alexander smiles and appears to gesture in time with the chant, nodding along.

Someone can be heard shouting, "That's enough! That's enough!" in the background, and as Alexander smiles and nods.

At no point in the video does Alexander stop the protesters or say anything about their chant.

"You don't pick it up in the video, but I started to say the words in time with them, 'Vote her out,' and then the next point I made was about the ballot box," he said. "I expressed my disapproval by talking about something completely different: voting. I think that was pretty clear."

THE CANADIAN PRESS

RELIGION

Being a sister more different than ever

Sheila Sullivan was one of 58 prospective religious sisters to join Montreal's Congregation de Notre-Dame in 1964.

In 2016, only one woman in Canada has applied to join the religious community.

As church attendance declines and the community shrinks with age, some of Notre-Dame's sisters

are carving out a new reality in a secular age: one that includes embracing social media and, at times, modern activism.

The congregation's activities are chronicled on their social media accounts: interviews with sisters on YouTube; Twitter links to articles on ending violence toward women; and Facebook posts

documenting recent gatherings.

Their website has a section on social justice and environmental issues, as well as a page titled "To Be A Sister In 2016."

Sullivan, who is active on social media, has also been using Skype to counsel the congregation's one new recruit.

THE CANADIAN PRESS

Manitoba Liquor & Lotteries

PUBLIC MEETING

The Manitoba Liquor & Lotteries Corporation will hold its annual public meeting in Winnipeg:

THURSDAY, DECEMBER 8, 2016

Education Centre, Grant Park Liquor Mart

1120 Grant Avenue

Winnipeg, Manitoba

7:00 p.m.

This is your opportunity to hear about Liquor & Lotteries activities and initiatives.

The evening will consist of a short presentation followed by a question and answer session.

Visit us online at www.mbl.ca

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IRAQ

Chaos in Mosul after aid trucks come with food

Chaos erupted in eastern Mosul on Sunday when hundreds of civilians overwhelmed aid trucks distributing food and water.

The Iraqi government has called on Mosul's residents to stay in their homes during the operation to retake the city from the Islamic State group, hoping to avoid large-scale displacement, but as progress on the ground slows, hundreds of thousands are now stuck with dwindling food and water supplies.

The Iraqi government sent truckloads of food, heating oil and drinking water to residents in areas retaken from IS on Sunday, but few of the trucks could make it to civilians trapped near front-line fighting.

"There is no justice," Abu Ahmed said during a chaotic

distribution in the Samah neighbourhood on the eastern edge of Mosul. "Some people took so many bags of food and others got nothing." He asked that his full name not be used out of security concerns.

While the trucks bore banners identifying them as distributing aid on behalf of the local government, there were no government or security officials present in Samah during the melee that ensued. Men, women and children fought over bags of flour and baskets of apples.

"We are desperate, this is the first time I've seen aid trucks," Abu Ahmed said. He said the food and water residents had stockpiled before the start of the operation had run out.

THE ASSOCIATED PRESS



Volunteers cook food for Shiite fighters and government forces in the village of Ayn al-Baidha, south of Mosul on Sunday.

AFP/GETTY IMAGES

IN BRIEF

Italy's premier loses referendum

Italian Premier Matteo Renzi says he is resigning after a stinging defeat on a constitutional reforms referendum that he staked his premiership on. The populist 5-Star Movement says it's poised to govern Italy. The Movement, led by comic Beppe Grillo, spearheaded the winning "No"-vote campaign in a

referendum on constitutional reforms. THE ASSOCIATED PRESS

New Zealand stunned by PM's resignation

New Zealand's popular Prime Minister John Key stunned the nation on Monday when he announced he was resigning after eight years as leader. Key said he had made personal sacrifices and the role had taken a toll on his family. THE ASSOCIATED PRESS



Activists celebrate at Oceti Sakowin Camp on the edge of the Standing Rock Sioux Reservation on Sunday outside Cannon Ball, North Dakota, after the Army Corps of Engineers told Standing Rock Sioux Chairman Archambault Sunday that the current route for the Dakota Access pipeline will be denied. AFP/GETTY IMAGES

Feds block Dakota Access pipeline route

STANDING ROCK

North Dakota leaders say the decision sends 'chilling signal'

The U.S. Army Corps of Engineers said Sunday that it won't grant an easement for the Dakota Access oil pipeline in southern North Dakota, handing a victory to the Standing Rock Sioux tribe and its supporters, who argued the project would threaten a water source and cultural sites.

North Dakota's leaders criticized the decision, with Gov.

Jack Dalrymple calling it a "serious mistake" that "prolongs the dangerous situation" of having several hundred protesters who are camped out on federal land during cold, wintry weather. U.S. Rep. Kevin Cramer said it's a "very chilling signal" for the future of infrastructure in the United States.

The four-state, \$3.8-billion project is largely complete except for the now-blocked segment underneath Lake Oahe, a Missouri River reservoir. Assistant Secretary for Civil Works Jo-Ellen Darcy said that her decision was based on the need to "explore alternate routes."

"Although we have had continuing discussion and exchan-

ges of new information with the Standing Rock Sioux and Dakota Access, it's clear that there's more work to do," Darcy said. "The best way to complete that work ... is to explore alternate routes."

The company constructing the pipeline, Dallas-based Energy Transfer Partners, had said it was unwilling to reroute the project. It had no comment Sunday.

Morton County Sheriff Kyle Kirchmeier, whose department has done much of the policing for the protests, said that "local law enforcement does not have an opinion" on the easement and that his department will continue to "enforce the law."

U.S. Secretary for the Interior Sally Jewell said in a statement that the Corps' "thoughtful approach ... ensures that there will be an in-depth evaluation of alternative routes for the pipeline and a closer look at potential impacts."

Standing Rock Sioux tribal chairman Dave Archambault didn't immediately respond to messages left seeking comment.

The federal government has ordered people to leave the Oceti Sakowin, or Seven Council Fires, encampment on Army Corps of Engineers' land by Monday. But demonstrators say they're prepared to stay, and authorities say they won't forcibly remove them. THE ASSOCIATED PRESS

OAKLAND

Teens among dead in warehouse-party fire

The death toll from a fire that tore through a warehouse hosting a late-night dance party in Oakland climbed to 33 on Sunday as firefighters painstakingly combed through rubble for others believed to still be missing.

Less than half of the charred remains of the partly collapsed structure had been searched, and crews clearing debris were expected to find more bodies as they advanced, Alameda County Sheriff's Sgt. Ray Kelly said.

Officials said they have identified seven people who were killed.

Among them is Donna Kel-

logg, according to her father, Keith Slocum. He declined additional comment.

Kelly said those killed range in age from teenagers to 30-plus years old.

Anxious family members who feared the worst gathered at the sheriff's office to await word on their loved ones. They were told they may have to provide DNA samples to help identify remains.

The building known as the "Ghost Ship" had been carved into artist studios and was an illegal home for a rotating cast of a dozen or more people, according to former denizens who

said it was a cluttered death trap with few exits, piles of wood and a mess of snaking electric cords.

"If you were going there for a party, you wouldn't be aware of the maze that you have to go through to get out," said Danielle Boudreaux, a former friend of the couple who ran the warehouse.

As many as 100 people were there for a party Friday night when the fire broke out just before midnight. Fire officials were still investigating the cause of the blaze, but they said clutter fuelled the flames, there were no sprinklers inside and few exits to escape.

Boudreaux identified the operators of the Satya Yuga collective as Derick Ion Almena and Micah Allison. She had a falling out with Almena when she convinced Allison's parents and sister about a year ago that the warehouse was a dangerous place for the couple's three children to live.

The couple rented out five recreational vehicles and other nooks on the ground floor as living spaces. A rickety makeshift staircase led to a second floor where concerts were held. Former residents said there frequently was no electricity or running water. THE ASSOCIATED PRESS



Firefighters work to clear the debris from a doorway following an overnight fire that claimed the lives of at least 33 people on Saturday at a warehouse in Oakland. GETTY IMAGES

Gift of financial well-being

HOLIDAY

Retailers make it easier to bestow things of lasting value

Instead of the latest toy or gadget, some people are trying to give their loved ones more financial security this holiday season.

While it's long been possible to hand out cash, buy stock or contribute to college savings plans, financial institutions and retailers are making it easier to bestow a gift with lasting value.

Among them is Stockpile, a company in the U.S. that sells gift cards that can be redeemed for stock, which is rolling its products out to more than 14,000 stores this holiday season after seeing success at other retailers. College savings plan administrators, which see contributions peak at the holidays, have been adding new ways to donate.

Financial gifts can be tricky, though — givers need to be aware of the tax and social implications.

Ann Coulsen, an assistant professor at Kansas State's Institute of Personal Financial Planning, called such gifts a "wonderful and practical idea."

Here's a look at the ins and outs of some popular financial gifts:

CASH

Cash is easy to get and easy to give, but it doesn't build value the way other options do. And for a large gift, be aware of the tax rules.

Giving a small amount of money each year is a common estate planning tool, but gifts from one person to another may be needed to be reported by the giver on their taxes and may be subject to gift and estate taxes. You may want to consider taking that cash and put-

Cash is easy to give, but it doesn't build value the way other options do. ISTOCK

ting it in mutual fund or other longer-term investment.

COLLEGE SAVINGS

A popular

suggestion by financial planners for gifts to young children is contributing to a college savings plan.

College savings plans may grow tax-free, and withdrawals for educational expenses may also be untaxed. The giver may get a tax break as well.

To give you either

need to establish a savings plan or contribute to an existing one, which requires knowing a few personal details. There are also third-party options that require less legwork.

STUDENT LOAN PAYMENTS

The average debt at graduation for a bachelor's degree was \$35,000 US last year, so a worthwhile gift for many young people may be helping pay that down. A check will suffice or you can pay the lender directly.

STOCK

Giving stock is a way to encourage an interest in investing over the long term. The giver may avoid the capital gain consequences of cashing in the shares themselves. But the tax implications for the recipient are tricky depending on their age, the value of the stock and more — so it may be worth consulting a professional.

In the United States, people without brokerage accounts or those who want to start small can even buy stock at the checkout line. Stockpile, which is sold in about 40 retail chains like Target, Safeway and Kroger, allows someone to buy a gift card for a dollar amount worth of stock, rather than the price for a share. Purchases can be as small as \$1. Putting it in gift-card form makes it easier to give stock as a gift, says Dan Schatt of Stockpile.

THE ASSOCIATED PRESS

ANIMAL HEALTH

Cattle undergo TB tests

More than 22,000 cattle at farms in Alberta and Saskatchewan are quarantined due to bovine tuberculosis, causing hardship for ranchers and millions in compensation payments and other costs.

The Canadian Food Inspection Agency is testing cattle to determine the extent of the outbreak and the source of the contagious bacterial infection. So far six cattle have tested positive for bovine TB, all from one infected herd.

Dr. Harpreet Kochhar, the agency's chief veterinary officer, says generally bovine TB does not pose a threat to the public. The bacteria can travel through the air and could pose a threat if a person inhaled it for months.

Canada has been officially free of the disease since the 1920s, but has had a few cases from time to time. The U.S. is currently dealing with some bovine TB cases. Maintaining the TB-free status allows Canada to reassure trading partners and ensures Canadian beef producers can continue to export their products to multiple countries.

The CFIA says about 10,000 cattle are to be destroyed. These cattle will be tested before they are slaughtered. Any animal that shows any reaction to the test will be disposed of and will not enter the food chain.

CFIA inspectors will double check the carcasses of any animals that test negative.

THE CANADIAN PRESS

INVESTMENTS

Canadian corporations selling off art collections

When Xerox Canada moved its Toronto headquarters in August, it just couldn't find a place for Dance of the Owl, a square stonecut-and-stencil print of an Inuit child playing with a lively owl.

The print was consigned to Heffel Fine Art Auction House,

which sold it for \$600 in an online auction along with several other Xerox-owned works.

Vancouver-based Heffel Fine Art is the same auctioneer that raised a record \$11.2 million at a live auction in Toronto of Group of Seven artist Lawren Harris' colourful Moun-

tain Forms painting on Nov. 23. The canvas was sold on behalf of Calgary-based owner Imperial Oil.

Both sales illustrate a growing interest by Canadian corporations to sell off their art collections, auction house owners say.

Like Xerox, Imperial's decision to sell the Harris painting and a major portion of the art it collected over 70 years is also related to a move.

Heffel president David Heffel said some companies built large art collections in the 1970s and '80s, but the buy-

ing stalled during an economic downturn in the early 1990s.

The slow economy, especially in Western Canada, is a factor for some corporate art sellers, but Heffel said a bigger influence is the trend toward open concept office design.

THE CANADIAN PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I want to buy an expensive Christmas gift for the person I've just started dating. Am I being too forward?

Dear Ellen,
What is the etiquette for buying Christmas presents when you've just started dating someone? I met a guy a week ago, and I already know exactly what to get him: a Low-Temperature Stirling Engine Kit from Lee Valley Tools. I don't know what it is, but he thought it was pretty cool, so I ordered one for him. But now I'm worried it might seem too forward? What do you think?

Signed,
Jenny

Dear Jenny,
I think this is a very lucky guy because I looked up the Low-Temperature Stirling Engine Kit, and it does look cool, though I can't tell if it makes tea or runs on tea. For \$189 plus tax, I'm thinking it should maybe do both.

But you're right. It could seem forward if he's not thinking of you as a serious romantic partner/investment at this point. Maybe not as forward as a box of sex toys from your local love shop. But still problematic if he shows up empty-handed or (worse) with a cheap, thoughtless, last-minute chocolate orange from the drugstore.

Part of me loves the idea of giving him the cool, expensive engine kit, because I totally relate to shopping for The Perfect Gift. Unfortunately this sometimes

Whatever social debacle that results will quickly clarify the terms of the relationship.

results in buying fabulous, unique items for people I don't even like, and dumping defeatist gift certificates on loved ones who are hard to shop for. But when creative shopping is part of the fun, 'tis better to give, in my books.

Then again, another part of me wants to advise against it, in case you show up with your magnificent gift and he shows up empty-handed, not wanting to seem forward himself. Worst-case scenario is that he feels terrible, bad, small and cheap because you in your enthusiasm have gone

overboard so early in the relationship. You could possibly avoid this by dropping major hints well ahead of time, or even say outright that "Santa may be dropping something down my chimney for you" (which sounds both gross and suggestive, but you get the idea). Still, it's a risk.

On the upside, whatever social debacle that results will quickly clarify the terms of the relationship. If you've duly delivered the requisite gift-giving hints, and he still shows up empty-handed, you'll know you have someone on your hands who is a

cheapskate, or an emotional trifter, or a clueless clod who can't take a hint, or all of the above. He, meanwhile, may conclude that you are a wonderful angel he's not worthy of, or an emotionally manipulative spendthrift he has to dump immediately.

It's also possible you'll both survive an awkward situation, and have a funny story for years to come. Why not? In the crapshoot that is Christmas, anything is possible. Even miracles.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

It's obvious we need to reform the Liberals' electoral-reform process

An all-party committee spent months listening to testimony from over 200 experts on how to reform our electoral system. The committee heard what the experts said and concluded it was time for an expert opinion. In their final recommendation, they said it would be best to ask the public via a referendum.

I'm not in favour of referenda. The question could be as simple as "Does Tim Horton's serve coffee? Yes or No?" and the ensuing public debate would be rancorous and divisive. The Yes camp would call into question the other side's patriotism while the No camp would wonder aloud if Tim Horton's coffee is technically coffee and not a "caffeinated liquid." ("Of course, they serve coffee but what they really serve is unity in a time of uncertainty" is precisely the kind of column someone like me would write.)

There would be Facebook posts, Twitter debates and, oh God, imagine the hashtags. This being the future, a smart woman might say something like "Coffee is not for me," and would be besieged by coffee nationalists calling for her death. In 2013, Scottish comedian Susan Calman made jokes about the Scottish independence referendum for which she was sent death threats. Since I'm invested in a) making jokes about electoral minutiae and b) not dying, a referendum seems like a bad way to go.

The Liberals would rather not have a referendum either.

Except that they too have decided to ask the public. The government will be mailing out postcards to 15 million households; the household will then go online to answer questions about their "values" pertaining to democratic reform. Family Game Night, watch out.

Despite all these gestures toward fact-finding and consultation, the Liberals seem uninterested in electoral reform now that they're in government. You can tell because during question period on Thursday, they decided to let Maryam Monsef make jokes about her colleagues. It did not go well, and she has since apologized. A quick way to let a good conversation is to let earnest people do comedy.

Nonetheless, both options feel rather like punting the decision. Having watched the pound collapse after Brexit, I'd rather not stock up on gold bars and offshore accounts because of a vote on mixed-member proportional versus whatever the other option is. And answering questions online about my voting values is the least exciting activity the Internet has to offer.

A referendum, an online survey — the upshot of both is a lack of leadership and a dearth of decisiveness. After months of expert testimony and a cross-country tour by the minister, there ought to be an answer here. The public has already been consulted: we held an election last year and picked 338 people who should make some decisions.

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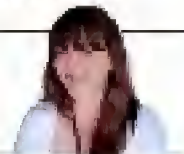


These animals travel the ocean. That's what they explore daily. No tank will be big enough. No tank will ever be deep enough, ever be exciting enough. Game of Thrones star Maisie Williams protests dolphin shows

RELATIONSHIPS

Young couples delay breaking up because they can't make rent alone

Megan Haynes
For Metro Canada



Annette Jones* knew she and her boyfriend of two years weren't going to last.

She'd been unhappy for months, and he was withdrawn. But they shared a large social circle. And she cared deeply for him.

She also couldn't afford to leave.

The 30-year-old from Kanata works in the service industry and doesn't make a lot of money. She didn't have much in the way of savings. She worried about making rent for a place on her own.

In short, she was too broke to break up. As the months dragged, she grew bitter and depressed.

"It made me feel helpless — like I was stuck, like I had no autonomy," she says.

The pair did eventually break up, though Jones says the relationship probably lasted six months too long.

"I think we both just sort of ignored the issue because he was also aware that my financial situation would put me in a rough place," she says.

She stayed with friends for a few weeks, and her ex helped her cover first and last month's rent when she found an inexpensive place to live. But she had to dip into her credit, which stressed her out further.

She isn't alone: a recent study from TD Canada found half of millennials and gen-Xers who were divorced or separated were not financially prepared to live life solo, while another 23 percent delayed a breakup because of unexpected costs.

Breakups are inevitable, but with generally lower wages and the high cost of living in cities, they can put a huge financial strain on couples — particularly those with young children, says Shelley Smith, a financial planner with TD.

Can't afford to live without you



ISTOCK

"Breaking up is so, so stressful," she says. Preplanning is the key to alleviating this stress.

While no one plans for a breakup, it's important for couples to come up with contingencies, such as separate savings

that both parties contribute equally to, she says. However you save money, it should leave each party in a position to manage finances solo short-term should something catastrophic (such as a breakup, or worse, death) happen.

Financial autonomy is the key for any relationship, says Shannon Lee Simmons, a financial planner and owner of The New School of Finance. It's not about financial independence, she says, rather both partners need to know what's hap-

WHEN IT ENDS

If you find yourself in a position where you aren't financially prepared to be on your own, here are a few ways to deal with the fallout.

■ **Build a timeline.** If both parties can co-exist in the same space, such as in different suites in a shared home, having a set time down the road for decoupling can be a good way for both parties to get on their feet financially, says financial planner Shelley Smith.

■ **Seek financial advice.** Smith says sometimes getting a third-party view on the situation can help. Financial planners can work with clients to identify goals and come up with a plan (as a couple or individually) to achieve those goals.

■ **Stay with family or friends.** While Simmons acknowledges this isn't always a possibility, when you can tap into a support network, it can not only help ease financial stress but also be a good source of emotional help.

pening with the money.

"I've seen a lot of time where one person is the financial quarterback of the household — they handle all the finances — and then (the couple) gets divorced and that can be a huge smack in the face for someone who's been hands-off," she says. "It's not even just divorce — what if someone passes away? Do you know enough about how to take the reins (of the household) and run with it?"

And in the end, it's never worth staying in a relationship over money fears: while it can be stressful, there's always a way to manage finances, Simmons says. "Breakups suck, they're hard on everyone, but they're often necessary and people do pop up on the other side OK."

*Name has been changed

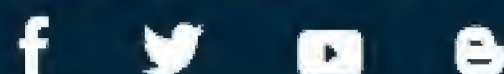


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FASHION

Who will dress Trump?

First-lady-to-be Melania Trump likely won't be wearing designer Tom Ford's clothes in the White House.

Some of the designers who clamoured to dress first lady Michelle Obama have been mixed about dressing Trump, a former model. Ford became the latest to weigh in on the matter during an appearance this week on *The View*.

The designer was asked to dress Melania Trump "quite a few years ago," and declined because "she's not necessarily my image," he said on the ABC chat show Wednesday.

Ford is a Democrat and voted for Hillary Clinton in the presidential election, he said, before adding that even if Clinton had won, she shouldn't have worn his clothes because "they're too expensive." His clothes cost a lot to make and the president needs to "relate to everybody," he said. Asked if Melania Trump should wear expensive clothes, Ford replied: "I'm going to leave that to Melania."

Ford was willing to dress first lady Michelle Obama for a London visit with Queen Elizabeth II in 2011 and isn't the first to be less enthusiastic about outfit-



Marc Jacobs said he has "no interest whatsoever" in dressing Melania Trump, while **Tommy Hilfiger** said he was willing. GETTY IMAGES FILE PHOTO

ting Trump.

Sophie Theallet, whose designs have been worn by Michelle Obama on several occasions, wrote in an open letter last month that she would not dress Melania Trump, and specifically brought up politics in urging her colleagues to take the same tact.

"The rhetoric of racism, sexism, and xenophobia unleashed by her husband's presidential

“

I was asked to dress her quite a few years ago and I declined. She's not necessarily my image.

Designer Tom Ford

campaign are incompatible with the shared values we live by," Theallet wrote.

The letter prompted *Women's Wear Daily*, which covers the fashion industry, to survey other prominent designers on the question of working with Trump, who began modelling in Paris and Milan at age 16 before settling in New York 20 years ago.

While Marc Jacobs said that he has "no interest whatsoever" in dressing Mrs. Trump, Tommy Hilfiger told the trade magazine he was willing, calling her "a beautiful woman who would make any designer's clothes look great."

Cynthia Rowley told *WWD* the question was "somewhat irrelevant," since Trump can simply buy whatever she wants to wear. THE ASSOCIATED PRESS



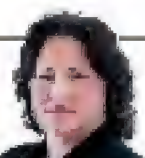
Having the weight of debt lifted off your chest means you can breathe easy and enjoy life more. ISTOCK

12 reasons to get out of debt now

MONEY

Financial freedom wins to keep your eye on the prize

Gail Vaz-Oxlade
For Metro Canada



It's impossible to describe how good it feels to owe nobody nuthin'. You can stop banging your head against the wall for having racked up debt. Just imagine all the money you'll save on Advil.

If you're still working your way to debt-free forever, here are a dozen reasons why you should keep pushing forward:

12. You can breathe. Having had the weight of that debt lifted off your chest, you can breathe easy. It feels sooooo goood not having a hippo sitting on you.

11. You can live in the present. Satisfy today's needs and wants instead of paying for the past. Have that latte without feeling like a total doofus because the money should be going to pay off your debt. Want to see a movie, buy a book or take the kids on vacation? Go right ahead.

It's your money and you can do whatever you want with it.

10. You can brag to your kids. Use your experiences to teach them about money so they avoid the bad-debt traps. You may not have realized just where you were headed when you first decided not to pay off your credit card in full, but now you know. You can speak with authority when it comes to educating your kids about credit and how to use it wisely.

9. You don't have to worry about late fees and interest costs. Or where interest rates are going, or how the credit scoring system is jerking people around. You're in the clear. They can all go to hell.

8. You get to earn interest instead of paying interest. It may not be much but it sure feels good having the shoe on the other foot.

7. You no longer have to dread going to the mailbox or answering your telephone.

6. You can afford to save. For your children's education, your own retirement, and anything you want to buy. The future looks good.

5. You can become the finan-

cial guru of your gang. Go ahead and try it. It feels fabulous to inspire and encourage family and friends to take control of their money and their lives.

4. You can give. Y'know, there are only three things you can do with money: spend, save and give. You already know how good it feels to spend; that's how you got into debt in the first place. And it's a great feeling watching your money grow. Giving comes with its own rush.

3. You can quit your second, third and fourth jobs. Man, won't it be great to sleep in on Saturday morning?

2. You can set goals and start working toward them. Want to own a home? Have a family? Go back to school? You can do it with a plan and the money you're no longer spending on debt repayment.

1. You can blow a raspberry at every credit app that comes through the door and every telemarketer who offers to lower your interest rate.

That might be the best feeling of all.

For more money advice, visit Gail's website at gailvazoxlade.com

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Finding creative solutions

WHY I LIKE MY JOB

Kayleigh Johnston, 24, front-end web developer/UX designer at Sheridan College

I've been interested in computers for as long as I can remember. In high school, I was very creative and loved to take arts, music and technology classes. My all-time favourite class was communications technology, where we learned about all things audio-visual, media, marketing, advertising, design and beyond.

This passion eventually led me to Durham College's internet applications and web development diploma program. After my first day of classes, I knew that this was the right industry for me. I loved all of my courses and was fascinated with anything and everything "web."

Since graduation I've worked for software companies, design studios and for internal marketing teams on both a full-time and freelance basis. My primary responsibilities include designing and developing layout solutions for new micro-sites and web pages, troubleshooting issues and bugs within existing code, and advising on potential improvements to websites in terms of speed, accessibility, readability and visual interest.

I love being able to use Content Management Systems (CMS) and API integrations to create dynamic website solutions that work well for both the end-user and website administrator. I also love that in this role my creativity is always welcomed and utilized.



THE BASICS: Web Developer

\$49,700

Median salary for a professional web developer. Senior-level developers can earn upwards of **\$90,000** annually.

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HOW TO START

You can select from a number of college diploma, post-graduate or certificate programs like web design, interactive media design and internet applications development. Some bachelors of science or information technology train students to design and create websites. Developers should be well-trained in web programming, project management, digital design and web application development.

WHERE YOU CAN GO

Whether the focus is on front- or back-end design, opportunities are vast. Established businesses, government agencies and start-up companies are migrating to the digital world, requiring websites and internet applications to stand out against competitors. As the world grows reliant on mobile technology, future developers will need to understand how to create responsive websites for smartphones and tablets.

NEXT CAREER STEP

A web developer is continuously learning. A standard Google search will produce thousands of articles, blog posts and online tutorials promoting the most recent advances in programming languages and digital art tools. As a web developer gains experience, he or she may advance to a senior developer role or branch out to the exciting world of freelance.

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Win No. 201 for Brady

NFL
Patriots star becomes winningest QB ever in league

Tom Brady now stands alone when it comes to career wins by an NFL quarterback.

Brady became the league's leader in victories among QBs, earning his 201st by throwing for 269 yards and a touchdown to lead the New England Patriots past the struggling Los Angeles Rams 26-10 on Sunday.

Brady, who was 33 of 46, had tied Peyton Manning last week in a win over the New York Jets.

"It's always been about winning, and I've been very fortunate to be on a lot of great teams," Brady said of reaching the milestone. "I'm just really grateful."

His lone touchdown pass came on a 14-yard pass to Chris Hogan in the first quarter. LeGarrette Blount scored the game's first touchdown, rumbling for a 43-yard, ankle-breaking score in the first quarter while spinning around safety Maurice Alexander in the process. He finished with 88 yards on 18 carries.

The Patriots (10-2) have won seven of their last eight as they prepare for a tough stretch against three teams with winning records over their final four regular-season games.

They may be forced to face one or more of them without receiver Danny Amendola, who left Sunday's game in the third



Patriots quarterback Tom Brady completed 33 of 46 pass attempts for 269 yards and a touchdown against the Rams on Sunday in Foxborough, Mass. MADDIE MEYER/GETTY IMAGES

quarter with an ankle injury, and was later spotted in the tunnel post-game walking on crutches.

Should he miss any playing time, it would be the latest blow to a team that's already lost tight end Rob Gronkowski to season-ending back surgery last week.

On the same day that Los Angeles coach Jeff Fisher and general manager Les Snead were given contract extensions, the recently relocated Rams (4-8) proved they still have a long way to go after losing for the

seventh time in eight outings.

The Rams entered the game ranked 31st in total offence, averaging just 295 yards per game. Those struggles continued Sunday. They managed just 25 yards in the first half, the fewest by a team in a game this season.

Los Angeles was outgained 402-162 for the game.

In his third career start, rookie Jared Goff was picked off twice, completing 14 of 32 passes for 161 yards.

THE ASSOCIATED PRESS

+ SCORES	
Thursday	
Cowboys 17, Vikings 15	Lions 28, Saints 13
	Raiders 38, Bills 24
	Cardinals 31, Redskins 23
	Steelers 24, Giants 14
	Buccaneers 28, Chargers 21
	Carolina at Seahawks*
	Monday
	Colts at Jets
	*Sunday's late game
Sunday	
Ravens 38, Dolphins 6	
Broncos 20, Jaguars 10	
Bears 26, 49ers 6	
Chiefs 29, Falcons 28	
Bengals 32, Eagles 14	
Packers 21, Texans 13	
Patriots 26, Rams 10	



NHL COPP GOAL HELPS JETS DOWN BLACKHAWKS
 Jets winger Blake Wheeler shoots past Blackhawks centre Dennis Rasmussen in Chicago on Sunday. Andrew Copp's third goal of the season stood as the winning goal as the Jets won 2-1. Bryan Little also scored and Connor Hellebuyck made 27 saves. KAMIL KRZACZYNSKI/THE ASSOCIATED PRESS

IN BRIEF
Switzerland's Gut back on top at Lake Louise Lara Gut of Switzerland won Sunday's super-G at the Lake Louise World Cup. It was her third super-G victory at the Alberta resort after wins in 2014 and 2013. The race was delayed and shortened due to heavy snow. Gut's time was one minute 2.68 seconds. Tina Weirather of Liechtenstein was second a tenth of a second back. THE CANADIAN PRESS

GOLF
Tiger encouraged by return outing The return of Tiger Woods was more about the big picture than any of his big numbers. And that started with the sight of that red shirt on Sunday. Woods grumbled about three more double bogeys in the final round of the Hero World Challenge. Considering how badly he has felt in the 15 months since he last played, he still was able to keep it in perspective. "It feels good to be back out here playing again, competing and trying to beat the best players in the world," Woods said. "I missed it. I love it." Woods shot a 4-over 76 Sunday and finished 15th (4 over par) in the 17-man field. His 24 birdies were the most by anyone this week. THE ASSOCIATED PRESS
+ THE WINNER Hideki Matsuyama finished at 18 under par to earn his third straight win.

CURLING
Jones captures Canada Cup

Winnipeg's Jennifer Jones downed Ottawa's Rachel Homan 9-5 to win the women's 2016 Canada Cup of Curling title.

Jones took a 5-0 lead after a steal of four in the third end and cruised to the third Canada Cup title of her career.

Homan and Jones have both already earned a spot in next year's Olympic curling trials.

"At the end of the day, everyone is going to have to play well to win those trials in Ottawa," Jones said.

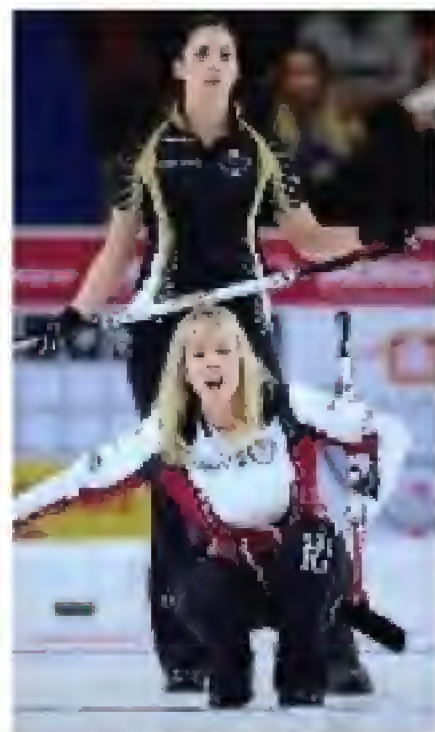
"For me it was just getting back on the ice after having (daughter Skylar) and just seeing where we're at. We have another year until the trials to try and improve. We know we're going to have to beat a bunch of good teams at the trials in order to win and you're going to need some luck as well."

Homan, last year's champion, couldn't dig herself out of that early hole and conceded after Jones scored a single in the ninth end.

Later, Brad Gushue's rink from St. John's, N.L., faced Winnipeg's Reid Carruthers in the men's final.

The winner of the men's match will earn a spot in the Olympic qualifying event.

THE CANADIAN PRESS



Jennifer Jones reacts after delivering her stone ahead of Team Homan's Lisa Weagel in Brandon on Sunday. MICHAEL BURNS/THE CANADIAN PRESS

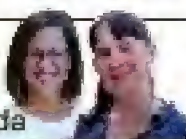
MAKE IT TONIGHT

Fun Margherita Pizza Waffles



PHOTO: MAYA VISNIVE

Ceri Marsh & Laura Keogh
For Metro Canada



When Pizza met Waffles; it's a love story between our favourite-ever foods and it ends with an irresistible dinner on your plate. Cue applause.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 3 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp garlic powder
- 2 1/2 cups milk
- 1 cup cubed mozzarella
- freshly chopped basil
- 1/4 cup fresh shaved Parmesan cheese

- 1 cup marinara sauce

Directions

1. In a large bowl, whisk together flour, baking powder, baking soda, salt and garlic powder. Add the milk; stir until blended.

2. Heat your waffle iron to desired temperature.

3. Ladle the batter into pre-heated waffle iron and sprinkle with 1/4 cup mozzarella and basil. Cook the waffles until golden and crisp.

4. Serve immediately with an extra sprinkle of mozzarella, Parmesan cheese and a side of marinara sauce for dipping.

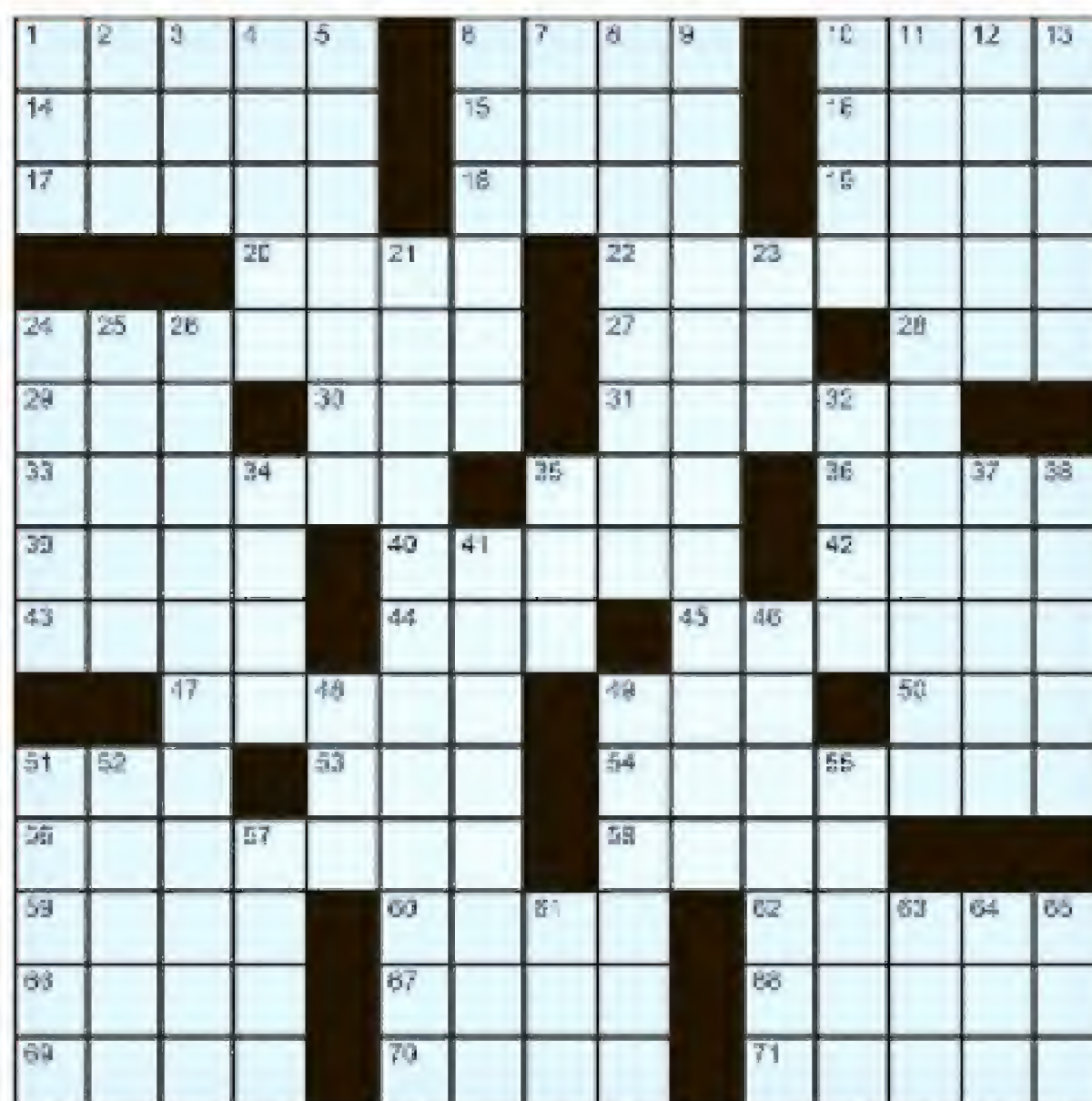
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Close but no _"
6. Anti-apartheid activist Desmond
10. Chew at
14. Famous beach in Australia
15. Preachy positive
16. Puerto _
17. Pre-surgery cleanse
18. Tussle
19. Mr. Stravinsky
20. Drip-drop reason
22. Elvis: Grace-land's location
24. Bitter
27. Classic range cooker company
28. Ka-boom-er!
29. Tic-Tac-Toe loser
30. Raggedy Ann's hair
31. Big name in dance in Saint Petersburg
33. Saskatchewan village; or, "CHiPs" star Larry
35. "For _ a jolly good..."
36. Told a tale
39. Family suffix in zoology
40. _ your own course
42. _ other (Without equals)
43. Mr. Saarinen of architecture
44. Asleep
45. Figurine
47. Old Testament hymn
49. Rock logo insurance co.
50. City in Florida, briefly
51. Kingston Trio hit
53. Science eggs



54. Get even more suds off
56. Hurry up and enter: 3 wds.
58. "Peculiar"-meaning prefix
59. Actor, Corbin _
60. Mineral deposit
62. "Are we still _ Saturday?" (Weekend-

- planner's query)
66. Ailments
67. Ms. Tyler's
68. "U" of UHF
69. Knight's adventurous tale
70. Modify manuscripts
71. Actor, Max von Who?

DOWN

1. TV network
2. World games org.
3. Slash's rock gr.
4. _ Contemporary (Music category)
5. Alfonso of "The Fresh Prince of Bel-Air"
6. Assigned to a chore

7. Li'l baseball official
8. Coffee preparer's opposite: 2 wds.
9. Not officially recorded
10. Film set job
11. The painting at #21-Down is featured on the cover of what

- 1973 Bruce Cockburn album?: 2 wds.
12. "Does anybody have _ _?" (Pre-game toss query)
13. Brooklyn Bridge tune: " _ That Could Happen"
21. Canadian artist (b.1920 - d.2013) of 1954 iconic painting Horse and Train: 2 wds.
23. Wreck
24. Mr. Mandel of "America's Got Talent"
25. Rusty stuff, Iron _
26. Green energy additions to homes: 2 wds.
32. Patron saint of Norway
34. Corp. leaders
35. Chapeau: English
37. Tech sch. grads
38. "Republic of _"
41. Man-like robot
48. Raging
48. Get an " _ _", as per school assignments
49. Man of the collar
51. Canadian chocolate bar: 2 wds.
52. Bridal fabric
55. "If _ Had a Brain": The Scarecrow's theme
57. Dethrone
61. Gladiator's 506
63. Bouquet delivery letters
64. _ Medonte (Ontario township)
65. Sore

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze and enjoy the company of others. However, postpone important decisions until tomorrow. Shop for gas or food only.

Taurus April 21 - May 21
Details about your personal life might be more public than you expect them to be today. Someone is checking you out. Postpone important decisions until tomorrow.

Gemini May 22 - June 21
You might want to make travel plans or explore matters in medicine and the law. Do your research and homework, but wait until tomorrow to initiate any action.

Cancer June 22 - July 23
This is a poor day to make decisions about shared property, taxes, debt, inheritances and insurance matters. Just do your homework and get the facts.

Leo July 24 - Aug. 23
You will have to go more than halfway when dealing with others today because the Moon is opposite your sign. This is a good day to be social. Keep things light.

Virgo Aug. 24 - Sept. 23
Be careful at work today, because this is a bad day to volunteer for anything or agree to anything important. Just keep your head down and your powder dry.

Libra Sept. 24 - Oct. 23
This is a wonderful, creative, fun-loving day! Use today's energy for artistic projects, schmoozing with others and enjoying playful activities with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to play hooky and just stay at home. Don't shop for anything other than gas and food. Don't make important decisions.

Sagittarius Nov. 23 - Dec. 21
This is a loosey-goosey day. Short trips, errands and conversations with everyone will be pleasant. Don't expect too much from others or yourself. Just coast.

Capricorn Dec. 22 - Jan. 20
Avoid important financial decisions today. If shopping, buy gas, food or minor things only — no major purchases.

Aquarius Jan. 21 - Feb. 19
You might feel more emotional than usual today, because the Moon is in your sign. You will also feel a bit disconnected and indecisive. No worries, because this feeling is gone by tomorrow.

Pisces Feb. 20 - March 20
People are impressed with you. However, take note: Don't volunteer for anything today, and do not agree to anything important. Postpone important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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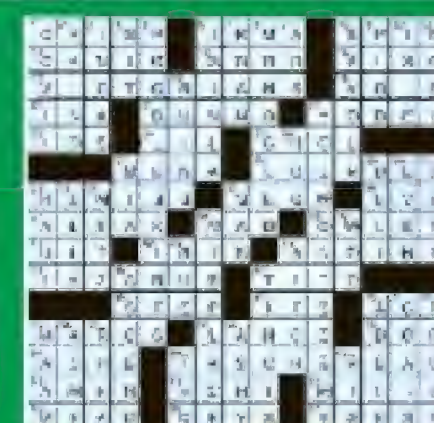
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OFFLINE READING

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



9	1	5	2	3	4	6	7	8
4	7	2	8	5	6	3	1	9
3	8	6	9	7	1	2	4	5
7	9	1	4	6	2	5	8	3
2	6	3	1	8	5	7	9	4
5	4	8	7	9	3	1	6	2
8	3	7	6	2	9	4	5	1
6	5	4	3	1	8	9	2	7
1	2	9	5	4	7	8	3	6



They got it.

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